



Oct. 6, 2014

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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McHugh: Rock Island Arsenal

'Essential' to Readiness: The success of the Army on the battlefield depends on logistical support, and the support provided by Rock Island Arsenal, located on an island in the Mississippi River, was displayed to the Army's top civilian. During a visit here, today, Secretary of the Army John McHugh toured Rock Island Arsenal's Joint Manufacturing and Technology Center,

an Army-owned and operated production facility that houses the Army's only foundry and stands alone in the Department of Defense as a vertically integrated metal manufacturing center. McHugh also met with Maj. Gen. Kevin O'Connell, commanding general of the U.S. Army Sustainment Command and Rock Island Arsenal. He then took part in a local leader forum, where he heard from

mayors and business leaders and other community representatives. McHugh was joined on the visit by U.S. Sen. Dick Durbin of Illinois, U.S. Rep. Cheri Bustos of Illinois' 17th Congressional district, and Illinois Lt. Gov. Sheila Simon, and by Gabriel



"HOME OF US ARMY LOGISTICS"

Camarillo, principal deputy assistant secretary of the Army for Acquisition, Logistics & Technology. ([More](#))

Combined Federal Campaign Kicks Off "Give for Good":

Hundreds of federal employees spent their lunch break here, Oct. 9, at Heritage Hall, to kick off the annual federal workforce charity campaign. Federal government employees donate to Combined Federal Campaign charities to make a lasting difference in people's lives in the Quad City Area and beyond. This year's slogan is "Give for Good". The campaign period is open from September through December, and most organizations choose a six-week period in that time frame in which to ask employees if they would like to donate. ([More](#))



Rodriguez Pledges Every Effort to Protect Military From Ebola:

Everything possible will be done to mitigate risks of exposure to Ebola by U.S. military personnel deployed to

Liberia to contain the epidemic, the commander of U.S. Africa Command said today. There are no plans for the U.S. military to provide direct care to Ebola patients, Army Gen. David M. Rodriguez told reporters at the Pentagon. Personnel from the U.S. Naval Medical Research Center will, however test for Ebola at mobile labs from samples collected from area clinics and health care providers. ([More](#))

FEHB Premiums Up, Program

Mainly Stable: The average enrollee share of FEHB premiums will increase 3.8 percent in 2015, OPM has said, although as always there will be substantial variation among individual plans, especially in some of the health maintenance organization plans where some are increasing premiums much more while others will see decreases. OPM made the annual rates announcement in advance of the open season that this year runs November 8-December 10. Under an earlier OPM directive, carriers will cover certain additional health screenings and more of them will offer monetary incentives for enrollees to participate in wellness



Upcoming Dates

- Oct. 13-18:** National Drug Free Work Week
- Oct. 15:** Safety Awareness Day, Heritage Hall, 10:30 a.m.
- Oct. 16:** Walk-in Pet Vaccination Clinic, RIA Fire Department, Bldg. 225, 1-6 p.m.
- Oct. 17:** Walk-in Pet Vaccination Clinic, RIA Fire Department, Bldg. 225, 8-11 a.m.
- Oct. 17:** Ghost Hunter Dinner, Clubhouse, 6:30-8:15 p.m.
- Oct. 18:** Vehicle Inspections, Bldg. 351, Auto Skills Center, 9 a.m. – 7:30 p.m.
- Oct. 18:** Teen Fall Bash, Bldg. 150, 5-7 p.m.
- Oct. 21-22:** RIA Prescription Drug Take-Back Day
- Oct. 21-23:** Army Family Action Plan Conference
- Oct. 22:** Trunk or Treat, Memorial Field, 4-5 p.m.
- Oct. 23:** Newcomer's Orientation and Tour of RIA and the QC, Clubhouse, 8 a.m.
- Oct. 23:** Hispanic Heritage Observance, Heritage Hall, 1 p.m.
- Oct. 23:** Council of Colonels, Arsenal Island Golf Clubhouse, 11:30 a.m.
- Oct. 25:** Military Retiree Appreciation Day, Heritage Hall, Bldg. 60, 7 a.m. – 1 p.m.
- Oct. 25:** Ghost Hunter Dinner, Arsenal Island Golf Clubhouse, 6:30-8:15 p.m.
- Oct. 27-31:** Winter Weather Awareness Week
- Oct. 28:** Military Spouse Fun Night
- Oct. 30:** Join the Fight March against Domestic Violence, Bldg. 110 to Exchange, 11 a.m.
- Oct. 30:** QC Honor Flight
- Oct. 31:** Ghost Hunter Dinner, Arsenal Island Golf Clubhouse, 6:30-8:15 p.m.
- Oct. 31:** Halloween
- Nov. 5-6:** Health Benefits Fair, Heritage Hall, 9 a.m. – 2 p.m.
- Nov. 8:** Murder Mystery Dinner, Arsenal Island Golf Clubhouse, 6 p.m.
- Nov. 11:** Veterans Day Ceremony, Rock Island National Cemetery
- Nov. 13-14:** Fall Vendor Fair, Heritage Hall



programs. However, there are no other substantial changes; as announced earlier, the addition of a self plus one option to the current self-only and self and family choices will not be effective until 2016. ([More](#))

SecArmy Opens AUSA With Call For Budget Resolve:

"We are the greatest land power the world has ever seen. We are the indispensable Army of the indispensable nation," said Secretary of the Army John M. McHugh, referring to remarks President Obama made of the U.S. being the world's go-to nation when trouble arises. The secretary added that the Army has a capability and capacity that no one else can replicate. McHugh was the keynote speaker today, at the opening ceremony of the Association of the United States Army Annual Meeting and Exposition held at the Walter E. Washington Convention Center, here. ([More](#))



DoD Official Endorses Army Program to Train All Components:

The 1st U.S. Army's "Bold Shift" initiative to integrate the Army's active-

duty, National Guard and Reserve is "the right thing to do" for readiness today and the future, a top Defense Department official said at the Association of the U.S. Army's annual meeting and exposition here yesterday. Paul D. Patrick, deputy assistant secretary of defense of reserve affairs for readiness, training and mobilization, talked about the 1st Army's program during a panel discussion on Army total force implementation. ([More](#))

Cyber Readiness Inspection: The Command Cyber Readiness Inspection of Rock Island Arsenal will be conducted next week, **Oct. 20-24**.

Defense Information Systems Agency will visit RIA next week to assess the operational readiness of both NIPR unclassified and SIPR classified systems, including security measures. This is an installation inspection-- the entire installation, regardless of unit/MACOM, is subject to inspection. Security Reminder: Always lock your computer by removing your Common Access Card; anytime you leave your desk, even if you will only be gone for a minute. DoDI 1000.13: "An ID card



shall be in the personal custody of the individual to whom it was issued at all times." CACs contain Personally Identifiable Information and must be treated accordingly. ([Additional information about the CCRI and cyber security awareness](#)) ([Cybersecurity Awareness: Leader Responsibility](#))

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Oct. 17, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail



SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. We will be hosting **3rd Shift** Blood Drives at the cafeteria at JMTC (Bldg. 211 cafeteria) on Thursday nights, **Oct. 16 & 23**. Those drives begin at 2:15 a.m. We will also host a **2nd Shift** Blood drive in the cafeteria at JMTC (Bldg. 211 cafeteria) on Friday, **Oct. 31**; that drive begins at 6:30 p.m. For the 2nd and 3rd Shift drives, donors should see their supervisors to sign up. Kudos to Kaitlyn Petersen, the winner of the hooded sweatshirt in the August "First Time Donor" promotion. Kaitlyn recruited a



new donor to come into one of the blood drives in the Caisson Room. Thanks to everyone who recruited a new donor in August.



Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?"
Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

Central Heating Plant Startup: The Central Heating Plant is tentatively scheduled to resume steam production on Monday, **Oct. 20**. The startup date is determined by Public Works and Garrison command after checking temperature forecasts and monitoring interior building temperatures on a day to day basis. Steam production start up may be further postponed if the forecast continues to highlight daily temperatures in the 60°s. Should building occupants experience prolonged cold temperatures

below 68°, the problem should be routed through the [PW Work Order Desk](#) and will be addressed accordingly. The DPW POC is Dan Candler, 309-782-2393.

Birdies for the Brave: A "Birdies for the Brave" event will take place at TPC Deere Run in Silvis, Illinois, Monday, **Oct. 20**. Birdies for the Brave is a military outreach initiative supported by the PGA Tour that is dedicated to supporting the men and women of the U.S. Armed Forces and their families. Since 2005, the Tour has joined with PGA Tour players and corporate partners to raise millions of dollars for military homefront groups that provide critical programs and services to meet the specialized needs of wounded warriors and military families. ([Flyer](#)) ([TPC Deere Run](#))



Energy Awareness Month: October is Energy Awareness Month – it's time to register and update your [Building Energy Monitors on the Energy Awareness Website](#). Also, read the power point program on the [Hydro Models Presentation on the Energy Awareness website](#). Sign up for half

hour tours of the Hydro Electric Plant through the Energy Manager, Jay Richter, 309-782-2496 or email jay.d.richter.civ@mail.mil. The six tours are scheduled for **Oct. 21**, 11 a.m. – 2 p.m. Each tour is limited to 15 people. A maximum of 90 people can sign up. First come, first serve. Employees must coordinate with their supervisor for approval and account for this time IAW with their organization's policies.

Arsenal Save Energy Day: Mid-American Energy will have a display in Heritage Hall, Bldg. 60, on **Oct. 28**, 11 a.m. – 1 p.m., with information about their energy rebate program for both Illinois and Iowa residents. Mid-American Energy consultants will be there to explain details of the residential and business rebate programs. Rebate handouts, environmental shopping bags, pens, brochures, and small giveaways will be available at their display. The RIA energy manager for the Rock Island Arsenal-Garrison will also be there displaying the command's infra-red



camera used to detect sources of heat loss in a building. He will also have some giveaways such as 75 and 100 watt twisty light bulbs, energy mouse pads, energy coasters, night survey results, and a sample 14.5 watt T8 replacement lamp. "Rocky" the Rock Island Arsenal energy hound (display) will also be there.

Energy Action = Mission Success: The U.S. Army, in partnership with Department of Defense Operational Energy, the Air Force, Navy and Marine Corps, will execute a joint, department-wide Energy Action = Mission Success Month as a means to highlight the importance energy plays in achieving mission success. In 2009, the White House formally created "National Energy Awareness Month" to reinforce the importance of energy to the nation. The Department of Defense (DoD) subsequently adopted the observation, and incorporated an additional "Energy Awareness Week" to focus specifically on military service energy. In 2012, the theme was changed to "Energy Action Month." ([More](#))



RIA Voting Assistance Office: Election Day is less than 40 days away - there's still time to register to vote and request an absentee ballot, but don't delay. The Rock Island Arsenal Voting Assistance Office can help service members, dependants, federal employees, retirees and visitors with voter registration and voting options. Stop by the 3rd Floor of Bldg. 56, or call 309-782-8780, for all your voting needs. Service members and dependants can visit www.fvap.gov for further information on their voting rights, and to access online voter registration and absentee ballot forms. All other citizens who will be 18+ years of age on Election Day can visit www.eac.gov for information and to access the National Mail Voter Registration Form. POC: James Grimaldi, Installation Voter Assistance Officer, 309-782-8780.



VIOS Schedule for November, and December: Official DA Studio Photography (DA, Government passport and command photos) will be offered at

Rock Island Arsenal **Nov. 4, 5, & 6;** and **Dec. 9, 10, & 11.** Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in [VIOS](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.



Rock Island Arsenal Military Retiree

Appreciation Day: Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree

Appreciation Day hosted on Rock Island Arsenal, **Oct. 25**, 7 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a

chance for retirees to receive flu shots, update retiree identification cards, and return unused medications. Keynote speaker at this year's event is retired Lt. Col. Shane Ostrom, deputy director for financial information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program; Association of the U.S. Army; Numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island



National Cemetery; and the Rock Island Arsenal Museum, will also be on hand. Retirees can also make reservations for the retiree luncheon. Cost for luncheon is \$12 per person in advance. Please call (563) 508-5123 to make reservations.

"The President's Own" United States Marine Corps Band Principal

Trumpet to Perform in QC: Trumpeter Master Gunnery Sergeant Kurt Dupuis, principal trumpet in the "The President's Own" United States Marine Corps Band, will be performing with the Quad Cities Wind Ensemble on Sunday, **Oct. 26**, at 3 p.m., at the



Allaert Auditorium, in the Galvin Fine Arts Center, on the Saint Ambrose University Campus. Dupuis joined "The President's Own" United States Marine Band in September 1992. He was named principal trumpet in 1997. He has been featured as a soloist with both the Marine Band and Marine Chamber Orchestra, frequently conducts masterclasses at universities and has published an article in the International Trumpet Guild and The Brass Herald. The Marine Band is America's oldest continuously active professional musical organization. Founded in 1798, the band

has performed for every U.S. President since John Adams. Known as "The President's Own" since the days of Thomas Jefferson, the band's primary mission is to provide music for the President of the United States and the Commandant of the Marine Corps.

[\(More\)](#)

Veterans and Military Spouse

Workforce Symposium: WQPT will host the Veterans and Military Spouse Workforce

Symposium on **Nov. 7**, 10 a.m.

- 3 p.m., for military members and



their spouses to learn about employment within our community, build a resource network and obtain information about educational opportunities. Jason's Box is a Collaborative Partner in this Embracing Our Military initiative. Workshops, a job fair and resource booths will be featured throughout the entire symposium. Prior to the symposium, WQPT and WILL Interactive will host a Human Resources breakfast and speak about the unique benefits of hiring veterans and hiring veterans as strategic assets. For more information on participating in the hiring manager's breakfast and the



symposium, contact Jamie Lange at 309-764-2400 x 65030 or e-mail jl-lange2@wiu.edu. The symposium is open to National Guard, Reserve, Active Duty, Military Spouses, Veterans and Retired Military. ([More](#))

Rock Island Arsenal Spouses' Bible

Study: Have you been looking to connect with other Christians on the Arsenal? Have you been looking for something to feed body and soul? Then this Bible Study modeled after [PWOC groups](#) on other installations is for you.



The study sessions will take place Fridays, 9:30 a.m. – 11:30 a.m., at the Arsenal Club, effective Oct. 3. You can sign up for the sessions by emailing Adele at adelemom@gmail.com. For childcare arrangements please call ASAP at 309-782-0791. An upcoming topic during the beginning sessions will be "Walking in the Footsteps of Rabbi Jesus." We'll look at powerful scenes from Jesus' ministry, immersing us in the prayers, feasts, history, culture, and customs that shaped Jesus and those who followed him. Lois Tverberg will take us on a captivating journey into the heart of Judaism, one that is both balanced and insightful, helping you to

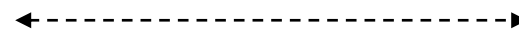
better understand and appreciate your own faith. *These Bible Study sessions are being offered by First Army and ASC chaplains' offices and led by Adele Mueller.*

Illinois Rage Travel Basketball

Tryouts: Illinois Rage will be holding try outs for our upcoming 2015 Spring & Summer season. Rock Island Fitness & Activity Center 1400 24th St., Rock Island. We will be looking for young ladies to fill our 13U, 15U, and 17U rosters. There will be a \$25 try out fee, and a parent/guardian must accompany the payer trying out. Please email us at illinoisrage@yahoo.com to schedule a private tryout or if you may have any questions. Visit us at www.illinoisrage.wix.com/illinoisrage to pre-register.

Date: **Saturday, Oct. 18**

Time: **3-5 p.m.**



Arsenal Traffic/Construction



Gillespie Ave. Closure Oct. 20-24:

Gillespie Ave. will be closed **Oct. 20-24** per the supporting diagram for required utility work. This closure includes access to the parking lot North of Bldg. 131. Only access to the handicapped spots in this lot will remain available as

depicted. Barricades and signs will be posted to warn traffic. Overflow parking is available in the lot South of Bldg. 131.

Parking Construction Update:

Notification regarding three construction phases for Lots OJ and 3K was initially provided in April and May of this year with an anticipated completion date of Sept. 1, which could not be accomplished because of multiple factors including weather delays. The below-referenced construction is part of the final phase for lot 3K. On **Oct. 10**, the Directorate of Public Works will begin work on the relocation of a fire hydrant at the West end of Lot 3K. This work will require the closure of North Ave between East and West Pershing. The hydrant will be moved from the North side of the street to the South side of the street. Once the hydrant is moved, the contractor will complete the final repairs to the West entrance of Lot 3K. Signage and safety barriers will be positioned at appropriate locations. The road is scheduled to be opened by close of business **Oct. 13**. The remaining work is scheduled to be completed by **Oct. 31**. The attached drawing shows the area of work.



South Ave Parking Closures

Beginning Sept. 23: The North row of parking spaces along South Ave running from Bldg. 102 to Bldg. 104 will be closed starting the week of **Oct. 6** until **Oct. 17**. The South row in these lots will remain open for the duration of work. Overflow parking is available in the lot behind Bldg. 131.

Reconstruction of River Drive from 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from **Sept. 8** to **Dec. 5**. The interchange of 1-74 with

River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes will be signed to ensure that motorists can access local businesses effectively.

Rock Island Viaduct Sidewalk Closed to Pedestrians: "Sidewalk Closed"

signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Arsenal Traffic, Quad-City Bridge

Construction: With a number of construction projects taking place in various locations around the Rock Island Arsenal, and barge season still in full swing, getting on and off Arsenal Island



can be a challenge. However, the following resources can be used to improve your commute: • [Locks and Dam 15 Cam](#) • [Illinois Roadway](#)

[Information](#) • [Iowa Roadway](#)

[Information](#) • [WOC AM 1420](#) Various radio stations in the Quad Cities feature traffic reports, but AM 1420 reports traffic more frequently. All drivers are reminded to never drive distracted, which includes not using your mobile phone while driving. These devices can be helpful tools in using the links listed above, but do not attempt to do so while driving. We would like to express to the Arsenal community as they enter and exit the Rock Island and Davenport Access Control Points to be professional and courteous while driving on our roadways and in the community. Our police and guards are ready to react and support as we all brace for the transition from summer to autumn delays, whether it is the turning of the [Government Bridge](#) or construction in our neighboring communities. Please be alert for Soldiers performing their physical training during early morning hours, along with runners and bicyclists. Note: Speed limits when passing troop formations is 10 mph. If we work together we can assure a safe and enjoyable autumn and winter.

([Distracted Driving: an Armywide Hazard](#))

Upstream Sidewalk Closure on Government Bridge: Until further



notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed", caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the Government Bridge is open and safe to use.

Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have

been coordinating with external agencies in an effort to minimize impact to the surrounding communities.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Walk-In Pet Vaccination Clinic: The Great Lakes Veterinary Services will be hosting a pet vaccination clinic Thursday, Oct. 16, 1-6 p.m., and Friday, Oct. 17, 8-11 a.m., at the Rock Island Arsenal Fire Department. Eligible patrons include all active duty military, military reserve and National Guard, military retirees, and dependents with valid identification cards. There is a charge for all services provided with payment in cash or check. Please see our website for prices: www.mwrgl.com/special_services/vet_clinic/vet.htm. Questions? Please call at 847-688-5740 ext. 4. The services



offered at the clinic will include – Canine: • Heartworm / Lyme Test, Fecal; • Vaccines – Rabies, DAPP-L, Bordetella, Lyme; • Flea / Tick, Heartworm Prevention; • Microchipping; Feline: • FIV / FeLV Test, Fecal; • Vaccines – Rabies, FVRCP, Leukemia; • Flea / Tick Prevention; • Microchipping. Please bring copy of previous vaccination status and same day stool sample for fecal testing.

Photos for Troops – Month of the Military Family:

In recognition of Military Family Appreciation, photographer Angie Blevins of Columbus, Ohio, will be visiting Rock Island Arsenal and providing, at no cost, photographs to our military service members and their families, Nov. 3, 4, & 5, 9-11 a.m. and 1-4 p.m., at Quarters One on Gillespie Ave. This event is open to active duty, National Guard, and Reserve ID card holders only. First come first serve, by appointment only, space is limited. A military ID card must be presented – a 15-minute photo shoot on each day will be provided. Each service member will be provided a CD of the photos accompanied by a copyright release so you can print and distribute the photos as you desire. To register or for more information, please



email rockislandarsenal-specialevents@yahoo.com. Please arrive at least 10 minutes early to complete paperwork.

Tricare to Stop Mailing Paper

Notification Letters: Starting this month, Tricare will stop mailing letters to patients notifying them of changes to their health coverage or eligibility for military health programs. Instead, the Defense Department will send postcards to patients informing them that there is a change, and then they will have to log into a Pentagon website, milConnect, or call their Tricare regional contractor to find out the details. However, if the Pentagon has an email address on file for the beneficiary, he or she will receive an email instead of a postcard notifying them to log into milConnect. ([More](#))

Safety Spotlight

Construction Zone Safety: Please do not cross through construction zones. These areas are fenced or taped off for your safety. A project is underway that involves the installation of a large gas line along South Avenue and other locations. It has been reported that some people have been ignoring cautioned off

areas and stepping over excavated ground. These actions are unacceptable and place each person in danger of injury due to falling into the excavation. Please exercise discipline and walk around any construction sites you may encounter. Use established crosswalks and always obey posted warning signs and traffic devices. These actions will help ensure you arrive to work and home - safe and sound. I appreciate your support of safety. Have a safe day.

Headphone/Earphone Use Prohibited on Arsenal Island:

The Army Safety Program ([AR 385-10, Section 6-5](#)) states: Using headphones or earphones while walking, jogging, skating, and bicycling, including pocket bike, motorcycle or moped on Army installation roads and streets, is prohibited. Public, family, and recreational safety programs are an essential part of the Army Safety Program that must continually heighten accident prevention awareness during all on-duty and off-duty recreational programs for Soldiers, Army civilians, and their families. Sports and recreational activities continue to rank high as a major cause of accidental injury. We ask for your kind cooperation

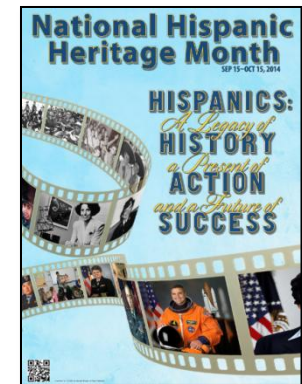


in helping to prevent accidents due to distractions.

Equal Opportunity Focus

Hispanic Heritage Month

Observance: You are invited to the Rock Island Arsenal 2014 Hispanic Heritage Month Observance, Thursday, Oct. 23, 1-2 p.m., at Heritage Hall, Bldg. 60. The guest speaker will be Veronica Villalobos, director, Office of Diversity and Inclusion, Office of Personnel Management. Villalobos will share her experiences of managing diversity and the lifelong dedication that Hispanics have provided the nation. For additional information or accommodations please contact [Sgt. First Class Marion C. Wilson](#) at 309-782-3021. This year's theme is "Hispanics: a legacy of history, a present of action and a future of success." Throughout our history, the vision and determination of Hispanic Americans have transformed our nation. During



National Hispanic Heritage Month, the U.S. Army honors the immeasurable contributions Hispanic Americans have made and continue to make within the U.S. Army and to our nation. Their legacy is built on honorable service and distinction in every conflict since the Revolutionary War. The United States and the U.S. Army are much stronger today because we embrace diversity. Subsequently, the U.S. Army is a more effective fighting force because our leadership values the strengths and depth of experience available within our military and civilian talent pools. Numbering more than 40 Medal of Honor recipients dating back to the Civil War, Hispanic Americans represent our military with deep, abiding patriotism and heroism and continue to make a difference through their dedicated and professional public and military service. This month, join us in giving special recognition to our Hispanic-American Soldiers, civilians and Families whose service and sacrifices have helped make our Army what it is today - a place where people from all walks of life stand proudly together in service to our Nation.

Senior Leaders Message on National Disability Employment Awareness Month: The Army's observance of

National Disability Employment Awareness Month remains important to our communities as we recognize the countless contributions Americans with disabilities make to our Army on a daily basis. To this end, it is our responsibility to acknowledge and honor these individuals by continuing to implement effective policies and practices that increase their employment opportunities. We express our deepest gratitude toward Americans with disabilities. From disabled veterans serving in our civilian workforce to Soldiers returning home as wounded warriors, these courageous men and women have overcome physical and emotional difficulties with strength and resiliency. Americans with disabilities successfully serve in today's Army in a spectrum of occupations and provide a talent pool with the depth of experience needed for sustaining an effective fighting force. Our Army is much stronger today because we include and value them as a part of our diverse workforce. This month, join us in giving special recognition for the past and present contributions that Americans with disabilities have made and continue to make to the building of our great nation and Army. We encourage our entire Army family to publicly honor their service and sacrifices; they have helped make our Army what it is today -

a place where people from all walks of life stand proudly together in service to our nation. Army Strong! ([More](#))

Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Ghost Hunters Dinner and Tour of Quarters One: Enjoy a prime rib and chicken buffet at the Golf Clubhouse Friday, **Oct. 17**, at 6:30 p.m., followed by ghost hunting in Quarters One led by the Rock Island Paranormal Society. Cost is \$35/person. RSVP required by 10/16 by calling 309-793-1601. ([More](#))

October is Fall Car Care Month: Even though you may not want to think about it yet, winter is just around the corner and with it comes different and more hazardous driving conditions. Make sure your vehicle is in top shape to deal with Old Man Winter, stop by the Auto Craft Shop on Saturday, **Oct. 18**, for a free vehicle inspection where our skilled



mechanics will give your vehicle a comprehensive once over to make sure you're prepared for winter driving. Also during the entire month of October, save money with our \$21 standard oil changes. Call 309-782-8631 for more info and to schedule oil change appointments. ([Flyer](#))

RIA Community Trunk or Treat: Join your friends from the Rock Island Arsenal community **Oct. 22**, 4:15-5:30 p.m., for a fun family night of costumes, trunk decorating, and of course lots of candy and treats. We are now accepting registrations for "trunkers" who will park their vehicle in the Memorial Field parking lot, decorate their trunk, and pass out candy during the event. There will be awards for the best decorated trunks and costumes for all are highly encouraged. All participants are responsible for decorating their own trunks and purchasing their own store bought, individually wrapped, candy to be handed out. To register for a trunk-or-treat space please email riatrunkortreat@yahoo.com or call 309-782-2828 for more info. ([Flyer](#)) ([Guidelines for Vehicles](#))



Arsenal Trunk or Treat and Thriller Mob Flash, Volunteers Needed:

Volunteers are needed to assist with the Rock Island Arsenal Trunk or Treat and Thriller

Mob Flash production.

We need volunteers from 2:45 to 5:30 p.m.,

Oct. 22. We need approximately eight adults to assist with manning the gift table and entrances into the Trunk or Treat area and the games and activity area. We are also in need of 15 adult or teen volunteers to assist with games and activities for the children. Please contact Lisa Martin at 989-545-0203 or Lorna Wilson at 309-782-6515. The thriller mob flash production will be the same day, but there will be practices starting next week. We need as many people (adults and/or teens) as we can get to be part of this production. To register contact Norricia Speights at norricia22@yahoo.com. Each volunteer will receive a certificate for volunteer hours from the Garrison Commander.



Newcomers Orientation and Tour:

Are you new to the Arsenal or do you

have new employees or Service Members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour Thursday, **Oct. 23**, at 8 a.m., at the Arsenal Island Golf Clubhouse. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union and free childcare is also available but you must RSVP for care by **Oct. 16**. To RSVP for care call Leslie 309-782-6793. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

Paintless Dent Repair Service at the Auto Shop: Back by popular demand, the paintless dent repair technician will be available for repairs on Thursday, **Oct. 23**. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

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MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Galena Country Fair Bus Trip: The Galena Country Fair features original homemade items from more than 150 artisans and craftspeople from across the country. Leisure travel is now selling bus tickets to this event taking place Saturday, **Oct. 11**. The bus will be departing from Col. Davenport Pavilion at 8 a.m. and will depart from Galena at 5 p.m. Limited seats are available. Cost is \$41 per person. To book your seat today call 309-782-5890. ([Flyer](#))

Halloween BUNCO: It's Halloween BUNCO time! Get your friends and family ready for a night of fun. Come in costume and show your Halloween spirit. Arsenal Club will have food and drinks. BUNCO will held in the Arsenal Club. Don't know how to play? We can teach you. So come and have some fun. Great food and door prizes. Cost \$5 per person. Please RSVP Anna at 309-782-5890. ([Flyer](#))
Date: **Thursday, Oct. 23**
Time: **6-8 p.m.**

Circa 21: Funny You Don't Look Like A Grandmother:

This humorous, heartwarming musical revue looks at modern grandmothers in a whole new light. These are the women who have thrown away the granny glasses, shapeless black dresses and Red Cross shoes and replaced them with cute little tennis dresses, skis and a condo in Florida. Whether you are a grandparent or a grandchild, every generation will love this show. Discounted tickets (\$45) available until **Oct. 11**.
Date: **Saturday, Oct. 25**
Time: **5:45 p.m.**

Disney on Ice: Worlds of Fantasy:

Leisure Travel has Disney on Ice: World of Fantasy tickets available for Friday, **Dec. 5**, at 7 p.m.; Saturday, **Dec. 6**, at 11 a.m. & 7 p.m.; and Sunday, **Dec. 7**, at 1 p.m. All children seating \$16 Section 106 Adult ticket \$22 Section 205 \$16 on sale until **Nov. 26**.

Harlem Globetrotters: The iconic Harlem Globetrotters are coming to town with their unrivaled family show, featuring some of the greatest athletes on the planet. With incredible ball handling wizardry, amazing rim-rattling dunks and trick shots, side-splitting comedy and unequaled on-court fan interaction, this must-see event is

guaranteed to entertain the whole family – creating memories that will last a lifetime. Leisure Travel has discounted seats available. Section 105 \$32 Ad/Ch Section 205 \$23 Ad/Ch. On sale until **Dec. 24**.

Date: **Saturday, Jan. 3**
Time: **7 p.m.**

World's Toughest Rodeo: World's Toughest Rodeo, the premiere national rough stock only tour, presents this two and a half hour event starring professional cowboys and cowgirls from across the nation. Fans will once again get the opportunity to cheer on the world of rodeo's top bucking horses and bulls as well as enjoy some of the nation's most talented entertainment acts. Discounted seats available until 14 January 2015. Section 104 \$32.00 Adult/ \$16.00 Child Section 203 \$23.00 Adult/ \$16.00 Child.
Date: Saturday, January 24, 2015
Time: 7:30 p.m.

Six Flags Great America: The Leisure Travel Office is still offering discounted one day admission (\$45) tickets now through Fright Fest. We also have discounted parking tickets.

Davenport Cinemark 53rd 18 + IMAX Theatre: Leisure Travel is selling



Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

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Teen Fall Bash: Hey Rock Island Arsenal middle schoolers and teens, come join us on Saturday, **Oct. 18**, 5-7 p.m., at the Teen Center (Bldg. 150) for a fun night of games and free pizza. Show your skills in air hockey, foosball, billiards, or Xbox One or just chill out and have some free pizza with your friends and make some new ones too. It should be a fun night for all. Please RSVP by Friday, **Oct. 10**. For more information call 309-782-1651. ([Flyer](#))

Volunteer Youth Soccer Coaches Needed: RIA CYSS is excited to announce we will be hosting an Indoor Soccer League for children pre-K- 4th grade starting early January 2015. We are in the process of looking for a few volunteer coaches for our teams in order to make our league successful. Some of the benefits to becoming a coach include: Free Sport Specific Training, Free National Alliance for Youth Sports

Certification, Head Coaches children can participate at no cost, Assistant Coaches may have one child participate at no cost and additional children at discounted rate, and best of all you'll get the satisfaction of helping the youngest members of our community to learn, be active and make new friends. If you are interested in becoming a coach contact Tim Hernandez at 309-782-0511 or timothy.c.hernandez2.naf@mail.mil.

Covenant Cottage Child Development Home: [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

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Army Community Service (ACS)

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ACS is located
in Bldg. 110, 1st



floor SE; Visit our [ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: 309-229-8412

Special Needs: The Exceptional Advocate: Looking for employment news for family members with special needs? You'll find it all in the October edition of The Exceptional Advocate. Learn about the disability employment laws that protect you in the workplace, how to discuss your disability with your employer, and discover how the Ticket to Work program helps individuals with disabilities find employment opportunities. You can use the link below to access [The Exceptional Advocate to read these stories and more](#).

2014 Domestic Violence Awareness Month: The Domestic Violence Awareness Month honors the most important asset of the Army, the family, as they are a vital part of the nation's security through the foundation they provide to the Soldiers. With the theme, Relationships should be safe, respectful and positive, the focus of the campaign is to raise awareness of domestic violence, inform victims that help is available and emphasize the negative



impact it has on family readiness.

[\(More\)](#)

Employee Assistance Program

For free, confidential counseling assistance or for information on services that are available, call 309-782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

National Drug Free Work Week: This week is National Drug Free Work Week and we ask that all RIA personnel pledge to be drug free and safe at work. Every year, people are injured and killed at work due to being under the influence of drugs. If you believe drugs are a problem in your life, please contact the Army Substance Abuse Program/Employee Assistance Program at 309-782-HELP (4357). Our services are free and confidential.



2014 National Depression Awareness

Month: October is National Depression Awareness Month. In observance, the U.S. Army will join several organizations across America, Oct. 9, in recognition of National Depression Screening Day to inform the public about the signs and symptoms of depression. The public will also learn the importance of seeking treatment and will be provided information about the availability of free online anonymous behavioral health screenings. The Army theme for 2014 is Take the First Step -- Get Screened. According to the Centers for Disease Control, one in ten U.S. adults report depression. Symptoms of depression may include persistent sadness, difficulty concentrating, hopelessness, fatigue, changes in appetite, insomnia, irritability, and in some instances, thoughts of suicide. While most people experience sadness at time in their lives, it is time to seek help when these feelings persist and begin to interfere with everyday life which may be a sign of clinical depression, a serious medical condition that if left untreated, may lead to other medical conditions. Oftentimes, the first step towards getting well is becoming aware of key warning signs through depression screening. Unfortunately,

two-thirds of people who suffer from depression fail to seek care. The good news is that clinical depression can be treated and anonymous screening resources are available. Treatments may include therapy, medications or a combination of both. [\(More\)](#)

Prescription Drug Take-Back Days:

The Army Substance Abuse Program is providing opportunities to dispose of your unused and expired prescription medications. On **Oct. 21 and 22**, the ASAP Prevention Program and Law Enforcement will be collecting unused and expired prescription medications at the following places and times:

• Oct. 21, 6-8:30 a.m. and 2:30-4:45 p.m. at Memorial Field Pavilion;
• Oct. 22, 6-8:30 a.m. and 2:30-4:45 p.m. in the Arsenal Fire Station bay. More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500



teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children five and under. Many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of finding that your old and expired medication is missing. We are unable to accept needles or syringes but can provide information on where to dispose of these items. For more information about the Prescription Drug Take-Back Day call the Army Substance Abuse Program at (309) 782-4357. Garrison POC for Prescription Drug Take-Back Day: [Thomas Havercamp](#), prevention coordinator, Army Substance Abuse Program, 309-782-2053.

Assertiveness Training: Learn strategies to communicate effectively and to enhance yourself personally & professionally. Classes taking place Tuesdays, 10:30 a.m. – 12 p.m., on the

following dates: **Oct. 28, Nov. 25, and Dec. 16;** in Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (search key word "assertiveness") or call 309-782-2552.

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a time management class. Classes will be taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Oct. 21, Nov. 4, and Dec. 9,** in Bldg. 56, 1st Floor, Room 122. Sign up in TEDs (search key word "time management") or call 309-782-2552.

Community Resiliency Academy Announcement – Real Colors: Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Workshop Dates: **Oct. 15, Nov. 12, and Dec. 10.** Sign up in TEDs (search key word "real colors") or for more information contact Lori Griffin at 309-782-2551.

Education/Training Review

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The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Please visit our [website](#) to learn more.

Commissary / Exchange

☪
The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and



other Commissaries, visit:

www.commissaries.com (Facebook)

Exchange to Open Earlier, Serve Breakfast:

The Exchange located on Rock Island Arsenal began opening at 7 a.m. Oct. 1. Also effective Oct. 1, the Exchange began featuring heat-and-eat breakfast items at the front of the store. "We will be running these hours for two months to make sure that there will be demand to be open at 7 a.m.," said Carl Wolfe, store manager, Rock Island Exchange. "We are really hoping with the Exchange having an entire new 'Heat and Eat,' that we will cater to the Soldiers coming on the Island in the morning and we know a lot of them have PT in the mornings and this will give them a chance to grab something before they go in the office for the day." The new open-to-close store hours are 7 a.m. – 6:30 p.m., Monday through Friday; and 8:30 a.m. – 6:30 p.m. on Saturdays. The "Heat and Eat" items being sold in the mornings will include: Breakfast Tornado's, Breakfast Deli Express sandwiches, Cappuccino, and coffee, Roller Bites, and Breakfast Style Pizza. The Exchange will also have a lunch menu to include: Tornado's, Deli Express hot and cold sandwiches, hot dogs, Polish sausage, jalapeno sausage, Roller Bites, egg rolls, and pizza. In

addition, the Exchange will also have microwaveable meals, soup, and Asian noodles for sale all day long.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Historical

Society Meeting: The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m., Thursday, Nov. 6, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu for dinner is mixed green salad with dried fruits and cranberry vinaigrette, roasted turkey with gravy, stuffing, mashed potatoes and green beans, with pumpkin pie for dessert. All dinners include rolls, breadsticks, coffee, tea and water. The total cost is \$14 per person including tax and tip. Our event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no

cost. The guest speaker will be Drew Horvath who will be discussing some of the historic efforts that have been conducted by an organization in the Department of Defense's Joint POW/MIA Accounting Command (formally Central Identification Laboratory, Hawaii and Joint Task Force-Full Accounting). This joint unit deploys small teams all over the world as part of its mission to locate, recover, and identify unaccounted-for Americans from our nation's past conflicts. For reservations call Monica 563-650-4349 or Linda 563-355-6165 or email chiicaliinda@aol.com. Reservations are due by noon on Monday, Nov. 3. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

This Week in Rock Island Arsenal

History – Oct. 6-12: On Oct. 6, 1966, the Scott County Association of Homebuilders contributed to the refurbishing of the Colonel Davenport House. In October 1871, the RIA command officer's home, Quarter's One, was completed. In October 1866, the excavation of Shop B (Bldg. 60) began. In October 1866, a Board of



Commissioners began negotiating with settlers and local civil authorities to regain portions of the island that had fallen under civil control. Property was repurchased along with access bridges to the island. Rock Island Arsenal gained complete authority and control of the island. On Oct. 10, 1939, the U.S. Army 33rd Ordnance Company stationed at the RIA was reassigned to Puerto Rico. On Oct. 11, 1941, the first Browning machine gun, .30 cal., M1919A4, aircooled, of new manufacture, was delivered to Storehouse W1 at RIA. Liberty (Loan) Day celebration at the RIA on Oct. 13, 1918.

Healthbeat

Army Breast Cancer Research

Program: Breast cancer is the most commonly diagnosed non-skin cancer in women. Breast cancer is the second leading cause of cancer deaths in women in the United States. It is anticipated that approximately 40,000 women and 430 men in the U.S. will die from breast cancer this year. This year, approximately 232,670 women in the U.S. will receive a diagnosis of invasive breast cancer and 62,570 women will be diagnosed with in situ (non-invasive) breast cancer. In addition, about 2,360

men will be diagnosed with breast cancer this year. ([More](#))

Notes for Veterans

VA Sharply Reduces Drug-Resistant Staph Infections in Hospitalized Veterans:

A Department of Veterans Affairs (VA) initiative targeting potentially life-threatening staph infections in hospitalized patients has produced significant positive results, according to recent statistics released by VA. VA's success in substantially reducing rates of health care-associated infection with methicillin-resistant Staphylococcus aureus (MRSA) serves as important confirmation that multifaceted intervention strategies can achieve effective and sustained control of MRSA in U.S. hospitals. "VA has a well-earned reputation in successful prevention of MRSA," said VA Secretary Robert McDonald. "Delivering high-quality care to our Veterans when they are in our hospitals is a responsibility that we do not take lightly. The drop in MRSA rates shows that we are pursuing the right course for prevention and treatment. The results that we have achieved mean better health care for our Veterans and that

care ultimately benefits all Americans." ([More](#))

VA Processes More than 1.3 Million Veterans' Claims in FY14:

More than 1.3 million Veterans received decisions on their Department of Veterans Affairs (VA) disability compensation and pension claims in fiscal year (FY) 2014 – the highest number in VA's history, surpassing last year's record-breaking production by more than 150,000 claims. This second year of record-breaking production comes as VA continues to transform the way it provides benefits and services, to deliver faster and higher quality decisions, to Veterans, their families and survivors. At the end of the year, the disability claims backlog (defined as any disability claim pending longer than 125 days) was reduced by 60-percent from the peak backlog in March 2013 and is at its lowest number in nearly 4 years. Veterans waited, on average, 119 fewer days for a decision on their claim than Veterans did in FY 2013. VA is on target to hit its 2015 goal. ([More](#))

VA Telehealth Services Served Over 690,000 Veterans In Fiscal Year 2014:

The Department of Veterans Affairs (VA) today announced that its national telehealth programs served more than



690,000 Veterans during fiscal year 2014. That total represents approximately 12 percent of the overall Veteran population enrolled for VA healthcare, and accounted for more than 2 million telehealth visits. Of that number, approximately 55 percent were Veterans living in rural areas with limited access to VA healthcare. With more Veterans seeking health care, telehealth is rapidly becoming an attractive option, especially for those Veterans who don't have a VA health care facility close to home. "We have to adapt to meet Veterans wherever their needs are," said VA Secretary Robert A. McDonald. "A brick-and-mortar facility is not the only option for health care. We are exploring how we can more efficiently and effectively deliver health care services to better serve our Veterans and improve their lives. Telehealth is one of those areas we have identified for growth." ([More](#))

Carpooling Announcements



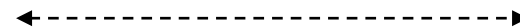
Submit carpooling announcements via the [Island Insight submission page](#).

Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at 309-782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call 309-782-5472.



Around the Q.C.



- Oct. 15:** [Quad Cities Career Fair Presented by Clear Channel & Quad City Times](#) (iWireless Center, Moline)
- Oct. 18:** [3rd Annual Fallen Soldiers 5K](#) (WIU Campus Recreation Center, 1001 W. University Dr., Macomb, Ill.)

Oct. 18: [Shamrock 'n Roll](#) (The Stern Center, 1713 3rd Ave, Rock Island)

Oct. 18: [Wholistic Arts Festival](#) (Mississippi Valley Fairgrounds)

Oct. 18: [Northpark October Craft/Vendor Show](#) (NorthPark Mall, Davenport)

Oct. 19: [Moline Dad's Club 47th Annual Halloween Parade](#) (iWireless Center, Moline)

Oct. 22: [Eastern Iowa/Western Illinois Veterans Conference](#) (St. Ambrose's Rogalski Center, Davenport)

Oct. 23: [Fright Night](#) (The District, Rock Island)

Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)

Oct. 25: [Military Appreciation / Pumpkin Cannon Festival Weekend](#) (Country Corner Farm Market & Pumpkin Patch, 5333 Us Highway 150, Alpha, Ill.)

Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)

Oct. 25-26: [2nd Annual Military Appreciation Festival](#) (Country Corner Farm Market & Pumpkin Patch, 5333 US Highway 150, Alpha, Ill.)

Oct. 26: [Inaugural Our Lady of Lourdes Oktoberfest](#) (Lourdes Catholic Church, 1506 Brown Street Bettendorf)

Oct. 26: [Middle Park Discraft Ace Race in the Quad Cities](#) (Middle Park Disc Golf Course, Bettendorf)

Nov. 1: ["A Mother's Love" Mother-Son Dance](#) (Friendly House, 1221 Myrtle St., Davenport)

Nov. 2: ["Dance With My Father" Daddy-Daughter Dance](#) (Friendly House, 1221 Myrtle St., Davenport)

Nov. 7: [Veterans and Military Spouse Workforce Symposium](#) (Western Illinois



University—Quad Cities campus, 3300 River Drive, Moline)

Nov. 7: [Veterans Recognition Celebration and Luncheon](#) (Milan Community Center, Milan, Ill.)

Nov. 8: [Vietnam Veterans of America Region 6 Conference](#) (Wild Rose Casino, Clinton, Iowa)

Nov. 15: [Southpark Mall November Craft and Vendor Show](#) (SouthPark Mall, Moline)

Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)

Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)

Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight




Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or

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[Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All

manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight; usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](#); Phone: 309-782-1121. The *Island Insight* is [available on-line](#).



NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH


OCTOBER 2014


RELATIONSHIPS

SHOULD BE SAFE, RESPECTFUL, AND POSITIVE.


Abuse is NEVER ok.




INDIVIDUAL AND FAMILY STRESS
Can escalate conflict and sometimes leads to domestic abuse. **Get help to prevent a crisis.**



VICTIM SAFETY IS ESSENTIAL
Information and support are available 24/7. To learn about reporting options or reach a Family Advocacy victim advocate, contact your local Family Advocacy Program at [redacted] or Military OneSource, **800-342-9647**.



IF YOU OR SOMEONE YOU KNOW IS BEING ABUSED,
call law enforcement immediately at [redacted], or your installation Family Advocacy Program at [redacted]. For additional support, contact the National Domestic Violence Hotline at **800-799-7233**.



The Family Advocacy Program helps individuals, couples and Families develop healthy relationship skills and address common relationship and parenting challenges during every stage of life.

